2024-25

Durango Demons Team Handbook



Coaches Contact Info

Varsity Coach: Kelley Rifilato Email [krifilato@durangoschools.org](mailto:krifilato@durangoschools.org) Phone (970)903-8529

JV Coach: Lindy Edwards Email [ledwards@durangoschools.org](mailto:ledwards@durangoschools.org) Phone (505)859-0923

C1 Team Coach: Maggie Ashby Email [mashby@durangoschools.org](mailto:mashby@durangoschools.org) Phone (970)946-9156

C2 Team Coach: Jess Palmer Email [jessdawnp80@gmail.com](mailto:jessdawnp80@gmail.com) Phone (970)903-0505

Athletics Department

District AD………………. Ryan Knorr …. [rknorr@durangoschools.org](mailto:rknorr@durangoschools.org)….. 970-259-1630x2302

HS AD …………….. Tim Fitzpatrick .…[.tfitzpatrick@durangoschools.org](mailto:.tfitzpatrick@durangoschools.org)….. 970-259-1630x2302

Admin Assist ……… Tana Creek …… [tcreek@durangoschools.org](mailto:tcreek@durangoschools.org) ……. 970-259-1630x2302

1. Eligibility
   1. Academics come first - however, must balance time and commitments
   2. Ineligible if you fail the previous semester; must regain on regain date
   3. Ineligible if you have an F from an official grade pull week-to-week
      1. Pulled Tuesday Afternoon for official grade check
      2. Students have until Thursday 10am to get grades up - student must communicate with athletics office who will verify and then communicate with coaches
      3. Attendance - 4 or more unexcused absences will result in 1 week of ineligibility
   4. If you are a transfer student - must do CHSAA paperwork to be eligible
2. Communication
   1. Weekly communication from coaches - expect information to come from a message on GroupMe. Please download GroupMe.
   2. The best way to contact the program/coach is email or call Kelley
   3. Please allow at least 48 for a response
3. Attendance
   1. Excused Absences include
      1. Doctor’s Appointments
      2. Pre Approved Absences (COACH APPROVES WITH EARLY COMMUNICATION)
      3. Family Emergency
      4. Academics that cannot be rescheduled or completed before school or at lunch
   2. Just because an absence is excused does not mean that it might not impact playing time - students need to be prepared to compete and that includes attending practice
   3. Unexcused Absences include
      1. Absences that are not communicated to coach ahead of time - emailed or called/texted
      2. Work - this should be pre-arranged with your employer; again, can be pre-approved given the right circumstances that are pre-communicated
      3. Friend hangouts
      4. Haircuts/non medical appointments
   4. After 1 unexcused absence, practice time and playing time will be affected.
   5. After 2 unexcused absences, player will not play in next scheduled match.
   6. After your 3rd unexcused absence - evaluation of commitment - communication to AD - attendance plan with parents/contract
   7. After next unexcused absence - dismissal from the team
   8. You are tardy to practice/competitions if you are between 10 - 15 mins late from the start of practice - 3 tardies = 1 unexcused absence; After 30 minutes, you’re considered unexcused
4. Respect/Poor Attitude
   1. You will respect your coaches, teammates and officials
   2. If you are not respectful we will have a meeting with you and your parents and create a plan/contract moving forward
   3. Multiple disrespectful actions that violate the contract will result in dismissal from the team
5. Code of Conduct
   1. Please read and understand [the code of conduct](https://docs.google.com/document/d/1ZHa3K6EMc6_Qilvb-DIyufrn9KnhFGC5coXCG35pUEc/edit?usp=sharing)
   2. 365 Days a year (even summer/holidays), 7 Days a week, on & off campus
   3. Please understand that the following are unacceptable behaviors (among others listed on the Code of Conduct matrix, but these are the more common ones)
      1. Drug or alcohol use/possession/distribution
      2. Vaping/tobacco use/possession
      3. Harassment/bullying/hazing - including misuse of social media
      4. Misuse of Social Media
      5. Physical altercations
      6. Violations of student handbook - school policies
   4. Resets per school year unless a student is put on contract from athletics office
   5. Level A
      1. Minor violations that would not result in a school suspension (pranks, disrespecting teachers/coaches, rude remarks, immature/misbehavior)
      2. Consequences vary from coaches choice to loss of eligibility (multiple offenses)
      3. Work with AD for appropriate consequences and document
   6. Level B
      1. Suspendable Offenses (1-2 days of suspension)
      2. Consequences start with loss of 1-2 contests (if more than 13 games in a season, 2 contests) to loss of eligibility
      3. Multiple offenses = more severe consequences
   7. Level C
      1. Suspendable/expellable Offenses (3-5 days suspension - expulsion)
      2. Consequences start with loss of 3 contests to loss of privileges to participate for 365 days
      3. Multiple offenses = more severe consequences
6. Dress Code
   1. Appropriate clothing should be worn at all times - no drug/alcohol/inappropriate references
   2. Before, after or during practice you are expected to have a t-shirt and shorts on
   3. We will not be shirtless or just wearing sports bras during organized practice/competition
   4. Spandex, shirt, shoes and kneepads will be worn at all practices
7. Expectations
8. Tryouts/Cuts
9. Cut players will meet with coach and be given written documentation/evaluation of skills

B. Playing time

* + 1. Determined by coaching staff
    2. Coaches should provide clear feedback and clear expectations as to why a student is not getting playing time
    3. Every player should be aware of their role and should ask the coaches if unclear
    4. The AD will not discuss playing time with parents

1. Chain of Command
   1. Best way to communicate concerns are through email, phone call, and text
   2. Have a conversation with your athlete - athletes should be having a conversation with the coach before you reach out to the coach
   3. Contact position/level Coach/Assistant Coach
   4. Contact Head Coach
   5. Contact HS AD (T. Fitzpatrick)
   6. Contact Dist AD (R. Knorr)
   7. Contact Principal (J. Hoerl)
   8. Contact Superintendent (K. Cheser)
2. Travel/Transportation
   1. During school sponsored trips all school rules and regulations apply
   2. If violations (level B or C code of conduct) occur on the road - parents/guardians will be called to pick the student up - wherever the team is at when the violation occurs
   3. Local police will be contacted if students break any laws during school sponsored trips
   4. Coach will communicate itinerary ahead of time with hotel/game addresses
   5. Parents may transport students if they complete an [online release form](https://app.smartsheet.com/b/form/158642bd44ce40f284ff66560b291b26) for their own students
3. Practice Plan/Times
   1. Typical Practice times (start and finish) and locations: 4:00 - 6:00 pm
   2. If there is a change we will communicate it out via GroupMe asap
   3. Bring \_\_\_\_(supplies, water bottle) to every practice
   4. We do practice on the weekends - typically at 8:00 am on Saturdays
4. Schedule/Calendar/Important Dates
   1. Start of season/end of season: August 12, 2024
   2. Playoff/Post Season Dates: November 2024
   3. Below dates are subject to change - please double check durangoathletics.com calendar to verify prior to dates; we will also communicate changes in our weekly communication
   4. Varsity Calendar: Aug 12- Nov 14 Durango Athletic Website & Maxpreps.com
   5. JV Calendar: Aug 12- Oct 22 Durango Athletic Website & Maxpreps.com
   6. C Level: Aug 12- Oct 22 Durango Athletic Website & Maxpreps.com

Student Athlete Name:

Parent/Guardian Name:

Best Email for Parent/Guardian:

Best Phone Number for Parent/Guardian:

Student Signature: Date:

Parent Signature: Date: